

October

Monday

Tuesday

Wednesday

4	5	6
11	12	13
Columbus Day		
18	19	20
25	26	27

September

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

November

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Thursday

Friday

Saturday

Sunday

		1	2	3
7	8	9	10	
14	15	16	17	
21	22	23	24	
28	29	30	31	
				Halloween Daylight Savings Time Ends

October

Health Activities and Observances

National Breast Cancer Awareness Month
Domestic Violence Awareness Month
National Family Sexuality Education Month
National Dental Hygiene Month
National Spinal Health Month
National Physical Therapy Month
National Liver Awareness Month
Healthy Lung Month
National Lupus Awareness Month
Sudden Infant Death Syndrome
Awareness Month
Mental Health Awareness Week (4-8)
National Mammography Day (15)

*She is a friend of my mind. She
gather me, man. The pieces I am, she
gather them and give them back to
me in all the right order. It's good,
you know, when you got a woman
who is a friend of your mind.*

-Toni Morrison

NOTES _____



October

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NOTES _____

Mon 4 _____

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Wed 6 _____

Thu 7 _____

Fri 1 _____

Fri 8 _____

Sat 2 _____

Sat 9 _____

Sun 3 _____

Sun 10 _____

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October

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Tue 12 _____ Tue 19 _____

Wed 13 _____ Wed 20 _____

Thu 14 _____ Thu 21 _____

Fri 15 _____ Fri 22 _____

Sat 16 _____ Sat 23 _____

Sun 17 _____ Sun 24 _____

October

M	T	W	T	F	S	S
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Mon 25 _____

NOTES _____

Tue 26 _____

Wed 27

Thu 28

Fri 29

Sat 30 _____

Sun 31



Wellness starts with... Finding Breast Cancer and Cervical Cancer Early

It seems like we've all been affected by breast cancer at some point in our lives, whether we have had it or have had a family member or friend who's battled it. Other than skin cancer, breast cancer is the most common cancer in American women and the disease we fear most. As scared as we are, we need to remember that, if breast cancer is found early, it can often be treated successfully. Many women have overcome breast cancer and are living life to its fullest!

Although fewer women get cervical cancer, it is also a disease that can be very serious. Although the cells of your cervix have to go through a series of changes over time before turning to cancer, it is

still unnerving to hear your doctor tell you your Pap test results were "abnormal." There aren't many more things in life that cause the same stress as preparing for a biopsy of "abnormal" tissue. But like breast cancer, if cervical cancer is found early, it can be easier to treat. And the good news is that there are also ways to help prevent it!

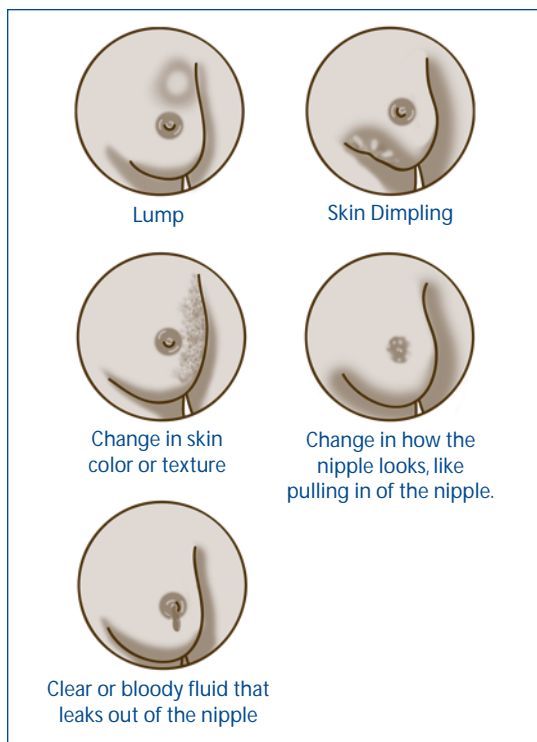
Breast Cancer

Know Your Body and How It Changes

It is important to know how your breasts feel so that you are able to recognize changes. Normal features in your breasts sometimes make your breasts feel lumpy. From the time you start to have your period, your breasts change each month. You may have lumps, pain, or nipple discharge. Many women have swelling, tenderness, and pain before and sometimes during their periods. At the same time, one or more lumps or a feeling of increased lumpiness may develop because of extra fluid collecting in the breast. These lumps normally go away by the end of your period. During pregnancy, the milk-producing glands become swollen, and the breasts may feel lumpier than usual.

You may feel the lumpiness more as you approach middle age, and the milk-producing tissue of your breasts turns into soft, fatty tissue. Unless you are taking hormone therapy, this type of lumpiness generally disappears for good after menopause.





Changes in Your Breasts You Should Watch For

Early breast cancer does not cause pain. However, when the cancer grows, it can cause changes in your breasts that you should watch for:

- a hard lump, thickening, or hard knot in or near the breast or in your underarm
- a change in the size or shape of the breast
- nipple discharge (clear or bloody that leaks out on its own without the nipple being squeezed)
- dimpling or puckering of the skin on the breast
- itchy, scaly sore or rash on the nipple
- pulling in of the nipple
- ridges or pitting of the breast (the skin looks like an orange skin)
- unusual swelling, warmth, or redness that doesn't go away

Risk Factors for Breast Cancer

All women are at risk for developing breast cancer. Unfortunately, there is no known cause of breast cancer. However, there are certain risk factors that increase your chances of getting breast cancer. Review the list below, and talk with your health care provider about risks that apply to you and about how often you should get breast exams. These things can increase your chances of getting breast cancer:

- your mother, daughter, or sister had breast cancer, especially at a young age
- a personal history of breast cancer (had breast cancer in the past)
- getting older
- had your first child after age 30
- never had children
- began menstruating before age 12
- completed menopause after age 55

Benign breast conditions (ones that aren't cancer) also create lumps. These lumps, which can appear at any time, may be large or small, soft or rubbery, fluid-filled or solid. If you have any questions about how your breasts feel or look, talk to your health care provider. If you find a lump in one breast, check the other breast. If both breasts feel the same, the lumpiness is probably normal. You should, however, tell your health care provider at your next visit.

But if the lump is something new or unusual and does not go away after your next menstrual period, it is time to call your health care provider. The same is true if you find a discharge from the nipple or skin changes such as dimpling or puckering. Most lumps and changes are not due to cancer, but it is best to be safe.

Steps You Can Take to Find Breast Cancer Early

Breast cancer can be found early. Follow these steps:

- **Examine your breasts every month.** Do a monthly breast self-exam (BSE) a week after your period ends. If you don't get your period anymore, do a BSE at the same time every month. Visit the American Cancer Society's web site to learn how to do an exam of your breasts (www.cancer.org/docroot/cr/content/cr_2_6x_how_to_perform_a_breast_self_exam_5.asp).
- **Get a mammogram.** A mammogram is an x-ray picture of the breast. It can find breast cancer that is too small for you or your

health care provider to feel. All women starting at age 40 should get a mammogram every one to two years. Discuss this frequency with your health care provider. Have the mammogram done right after your period because it might be less painful and is more accurate than during your period. If you change mammography facilities or need a second opinion, be sure to get your original mammograms—not copies. Your health care provider will need to compare past mammograms with current ones to see if there are any changes.

- treatment with radiation therapy, especially before age 30
- dense breasts, which makes it harder for a lump to show up on a mammogram (dense, or thick, breast tissue can be affected by the amount of fat and breast tissue that you have)
- your health care provider said you have atypical hyperplasia (excess cells lining the inside of the milk ducts and lobules of the breast that look abnormal) or lobular carcinoma in situ (abnormal cells are in the lobules of the breast)
- changes in certain genes (BRCA1 or BRCA2). Every woman has these genes, but, for some women, one or more of these genes don't work the way they should. If you are concerned that you have these genetic changes, talk with your health care provider to find out if genetic testing is right for you.
- drinking alcohol (some researchers say that more than one glass per day increases your risk)
- being overweight after menopause or gaining weight as an adult
- taking hormone therapy for long periods of time

Other Steps You Can Take for Your Breast Health

- Exercise regularly. (*See the Physical Activity chapter on page 34.*)
- If you drink alcohol, do so in moderation.
- Eat a healthy, balanced diet. (*See the Healthy Diet chapter on page 116.*)

Cervical Cancer

Cervical cancer is a disease that you can help prevent. The cervix is the opening of the uterus (womb) and connects the uterus to the vagina. Cervical cancer occurs when normal cells in the cervix change into cancer cells. This change normally takes several years to happen, but it can also happen in a very short amount of time. Before the cells turn into cancer, abnormal cells develop on the cervix that can be found by a Pap test. Treating the cervix before the abnormal cells become cancerous can prevent future cancer.

Remember Your Pap Test

The Pap test finds changes in your cervix early, so you can be treated before the problem becomes serious. To do a Pap test, your health care provider will use a small brush to take cells from your cervix. It's simple and fast and the best way to find out if your cervix is healthy.

It is important to get a Pap test to find abnormal cells early and to detect cervical cancer if it has developed. Because women generally don't have symptoms of cervical cancer, it is important that you get a Pap test. Sometimes cervical cancer is not found early, and it spreads deeper into your cervix or to other tissues or organs. If this happens, you might have these symptoms:

- pain during sex
- bleeding from your vagina after sex, between periods, or after menopause
- heavy vaginal discharge that may have a bad odor
- heavier bleeding during your period
- menstrual period that lasts longer than normal

One or more of these symptoms may be caused by other health problems too—not just cervical cancer. If you have them, see your health care provider soon.

When to Get a Pap Test

- Begin getting Pap tests no later than age 21 or within three years of first having sexual intercourse.
- After two to three yearly Pap tests have been normal, talk to your health care provider about getting a Pap test at least once every three years.
- If you are older than 65 years and have had normal Pap tests and are not at risk for cervical cancer, talk to your health care provider about not getting Pap tests anymore.
- If you had a total hysterectomy (removal of the uterus and cervix), you do not need to get a Pap test if the hysterectomy was done for a noncancerous condition.

Some experts differ on how often women need Pap tests. Talk to your health care provider to find out when you should begin screening, how often you should be screened, and when you can stop.



Pap Test Results

If your test doesn't come back as normal, your health care provider may tell you that you have an "abnormal Pap." It does not mean you have cancer. There could be many reasons for an abnormal Pap test result. Abnormal cells can be caused by different things, such as an infection, hormone changes, or human papillomavirus (HPV). If your Pap test is not normal, follow up with your health care provider to talk about the next steps.

If your Pap test is abnormal, your health care provider may repeat the test. He or she may also do these other tests to figure out the problem:

- **Colposcopy.** A device is used to look closely at your cervix to see where the abnormal, pre-cancerous areas are.
- **Schiller test.** The test involves coating the cervix with an iodine solution. Healthy cells turn brown and abnormal cells turn white or yellow.
- **Biopsy.** A small amount of cervical tissue is removed and looked at under a microscope to figure out if abnormal cells have cancer.
- **Endocervical curettage (ECC).** Tissue is scraped from the inside of your cervix.
- **Cone biopsy.** A cone-shaped sample of tissue is removed from your cervix to see if abnormal cells have reached tissue below the surface of your cervix.
- **Dilation and curettage (D and C).** If your health care provider is unclear about where the problem is, he or she will scrape tissue from your uterus and cervix.

The Role of HPV

If you've had an abnormal Pap test, your doctor may also want to give you an HPV test to see if HPV caused the abnormal cells. Human papillo-

mavirus (HPV) is a group of viruses, some of which cause abnormal changes on the cervix that can lead to cervical cancer. HPV is very common, and you can get it through sexual contact with another person who has HPV. There are many different types, or strains, of HPV, each identified by a number. The types that cause abnormal cells to develop on your cervix that can lead to cancer are called "high-risk" types.

If you have HPV, it does NOT mean you'll get cervical cancer. There is no treatment or cure for the HPV virus, but sometimes HPV will go away on its own. It could, however, cause pre-cancerous cells on your cervix. This can lead to cervical cancer if it's not treated. If you have abnormal cells, talk to your health care provider about whether treatment is right for you. Right now, there are several treatments if you develop abnormal cells on your cervix (as a result of having HPV). Your health care provider may recommend removing the abnormal tissue to prevent cervical cancer in the future.

There is a new vaccine being studied to prevent cervical cancer. The vaccine is currently being tested but probably won't be available for several years.

In combination with a Pap test, an HPV test helps prevent cervical cancer. It can detect the types of HPV that cause cervical cancer. The Food and Drug Administration (FDA) has approved an HPV DNA test for women for the following uses:

- as a follow-up to a Pap test with results that are abnormal
 - in combination with a Pap test in women aged 30 and older
-

Steps You Can Take to Help Prevent Cervical Cancer

- Get a Pap test. The best time to get a Pap test is between 10 and 20 days after the first day of your last period. Do not have the test done when you have your period and don't use douches, vaginal medicines (unless your health care provider tells you to), spermicide foams, creams, or jellies two days before your Pap test. Talk to your health care provider about how often to get Pap tests.
- Eat a healthy, balanced diet with delicious fruits and vegetables. In particular, carotene and vitamins C and E may reduce the risk of cervical cancer. Carotene is found in tomatoes, carrots, sweet potatoes, and broccoli. You can get vitamin C by eating fruits, especially citrus fruits, and vegetables. The darker the color of the fruit or vegetable, the more vitamin C. Load up on oranges, green and red peppers, broccoli, papayas, and strawberries. Good sources of vitamin E include oils such as safflower and corn, wheat germ, and sunflower seeds and nuts, such as almonds, peanuts, and hazelnuts.
- Don't smoke.
- If you have sex, stay with one partner who only has sex with you. Use condoms every time. Condoms may reduce your chances of getting HPV but not protect you all the time from getting it, because HPV can be transmitted by skin-to-skin contact with sores or infected genital skin that looks normal.

For more information on breast and cervical cancer prevention and early detection, check out these resources:

National Breast and Cervical Cancer Early Detection Program

Phone: (888)-842-6355 (select option 7)
Internet: www.cdc.gov/cancer/nbccedp

National Cancer Institute

Phone: (800)-4-CANCER (800-422-6237)
Breast Cancer: www.cancer.gov/cancerinfo/types/breast
Cervical Cancer: www.cancer.gov/cancerinfo/types/cervical

American Cancer Society

Phone: (800)-ACS-2345
Internet: www.cancer.org

Susan G Komen Breast Cancer Foundation

Internet: www.komen.org

Publications:

*Get a Mammogram: Do It for Yourself,
Do It for Your Family*

Internet: <http://cancer.gov/cancerinfo/breasthealth>

What You Need to Know about Breast Cancer
Internet: www.cancer.gov/cancerinfo/wyntk/breast

Having a Pelvic Exam and Pap Test
Internet: www.cancer.gov/cancerinfo/having-a-pelvic-exam

Human Papillomaviruses and Cancer
Internet: http://cis.nci.nih.gov/fact/3_20.htm

Cancer Facts - La prueba de Papanicolaou: preguntas y respuestas (The Pap Test: Questions and Answers)
Internet: http://cis.nci.nih.gov/fact/5_16s.htm